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UNITED STATES DEPARTMENT OF AGRICULTURE

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HOUSEKEEPERS' CHAT Wednesday, May 10, 1933.

(FOR BROADCAST USE ONLY)

Subject: "What's in An Egg." Information from the Bureau of Home Economics, U. S. D. A.

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Speaking of bargains that come in the spring, we mustn't forget eggs. No matter how food prices rise and fall, spring always brings at least one low-cost food--eggs. Eggs are one food that you might correctly call "old-fashioned." For thousands of years we have accepted them just as the hens gave them to us, and were thankful enough. Everybody knew from experience that eggs were good food, and let it go at that. Then, about forty years ago, scientists began to analyze foods chemically and to discover that our growth and health depended upon certain food substances in our diet. Now, every year or two, the nutrition people discover some new fact about food--even about a food as old as eggs.

For example, over in the laboratory at the Bureau of Home Economics nutritionists have been making studies on vitamins. Recently, in cooperation with the poultry specialists they hawe been attempting to learn about vitamins in eggs and especially how the food the hen eats affects the amount of vitamin D in the eggs she lays. Why are they interested in this particular vitamin in eggs? Because egg yolk is one of the best sources of vitamin D among our common foods. Of course, you remember why vitamin D is such an important member of the vitamin family. It is the vitamin that prevents and cures rickets in children.

Child feeding experts often recommend an egg a day for the child. That's a good rule. An egg a day will give the child a large part of the vitamin D he needs, especially if the egg contains the maximum amount of vitamin D.

The nutritionists have discovered that not all eggs are equally rich in vitamin D. In fact, the yolk of one egg may be thirty or forty times as rich in vitamin D as another yolk. What makes the difference? The studies so far show that if a hen gets a ration rich in vitamin D--that is, a ration containing the proper amount of cod-liver oil or viosterol--she puts an extra amount of vitamin D into the yolks of her eggs. Hens can also get some vitamin D by being out on the range in the sunshine. But a ration generous in vitamin D is most important. This is a point to remember if you have your own home poultry flock. The youngsters in your family will show profits in health, especially during the winter, if they eat eggs from hens that have a vitamin D rich ration. As for those of us who must buy our eggs, let's hope that someday in the near future, we'll be buying eggs with a guarantee as to their vitamin content. But so far we've only mentioned one vitamin in eggs.

Feeding experiments show that eggs are rich in other vitamins as well as D. The yolks are also rich in vitamin A-- the growth-promoting vitamin. Scientists

believe that the food of the hen has a great influence on the quantity of vitamin A she stores in her eggs. But they don't know yet just how high they can build up the vitamin-A-content of eggs.

Then, eggs contain also an abundance of vitamin G, which seems to be about equally distributed in the yolk and the white. So far we've mentioned that eggs are rich in three vitamins -- A and D and G. What about the other three vitamins? Well, eggs are a fair source of vitamin B. And the yolk contains some vitamin E. But when it comes to vitamin C, eggs are entirely lacking. We have to turn to fruits and vegetables, like oranges and tomatoes, for sure-fire sources of vitamin C.

But vitamins don't by any means tell the whole story of the food value of eggs. Eggs are also rich in minerals. The yolk is one of the richest known sources of iron in the diet. Of course, I don't need to mention that iron is the mineral we need to build our red blood cells and prevent anemia. Beside iron, eggs are rich in phosphorus and they contain some calcium--two minerals important in building teeth and bones. Finally, eggs are one of our best protein foods and belong in the class with milk and eggs.

We're featuring egg salad in our spring supper menu for tonight. Here's the menu: Spring onions on toast; Buttered new carrots; Egg salad; and for dessert. Rhubarb betty. Once more; Spring onions on toast; Buttered new carrots; Egg salad; and, for dessert, Rhubarb betty.

Many people eat young spring onions in only one way- -raw with salt. But here's a way to serve them cooked for variety- a savory and inexpensive spring dish. Allow six or seven finger-sized onions for each serving. Trim off the green tops. Then cook the onions in lightly salted boiling water until just tender. Use no lid on your kettle. You'll probably need to cook fresh young onions about twenty minutes. When they are tender, drain them, add more salt, if needed, and season with melted butter. Now toast slices of bread, spread the toast with butter and arrange the hot onions in the same way as you do asparagus on toast. Serve at once.

For the salad, you can use deviled eggs or plain hard-cooked eggs, in halves, decorated with a bit of chopped green pepper or chopped parsley. Use French dressing, cooked dressing, or mayonnaise.

Rhubarb Betty is a variation of that old-fashioned dish- Brown Betty, made with rhubarb instead of apple. Place rhubarb or rhubarb sauce and fine dry bread crumbs seasoned with melted butter or fat in alternate layers in a greased baking dish. Sift cinnamon or nutmeg over the top and bake in a moderate oven. If you use rhubarb sauce, you'll bake this dessert about twenty minutes. If you use raw rhubarb pieces and sugar, cover the baking dish at first and bake for 25 minutes--or until the rhubarb is tender. Serve hot with or without hard sauce.

Tomorrow: How to wash rugs.